

Session 4:  
Let's Go Shopping: WIC Foods  
and Food Instruments  
*HANDOUT PACKET*



**New Employee and WNA Training**

# Agenda

## **NEWT (*New Employees and WNA Training*)**

### **Session 4: Let's Go Shopping – WIC Foods and Food Instruments**

**DATE:** \_\_\_\_\_ **8:45-12:00**

Welcome and Overview

Meet the WIC foods

- USDA's Selection Criteria
- Know Your WIC Checks
- The WAFL - WIC Allowed Food List

WIC Food Packages

- Standard Packages by Category
- Non-Standard Packages
- Tailoring

WIC Check Security

## **My Telebuddy**

**Name** \_\_\_\_\_ **Phone Number** \_\_\_\_\_

***Emergency Numbers***


Lucky: 916 928-8567  
David: 916 928-8826  
Dean: 916 928-8574

# Know Your WIC Check

Match the Number from the Check below  
with the information in the Table

Number	Information
	\$12.35
	OCT 10 12
	1 (GALLON) AND 1 (QUART) MILK, LOWER FAT 1 DOZEN EGGS 1 (16 OZ) CHEESE 1 (16 OZ) DRY BEANS, PEAS, OR LENTILS OR 1 (16-18 OZ) PEANUT BUTTER
	SELENA BARQUET
	042913508SB
	<i>Selena Barquet</i>
	269534015
	NOV 09 12

INDIVIDUAL NO.	PARTICIPANT / PARENT / GUARDIAN	FIRST DAY TO USE	LAST DAY TO USE	SERIAL NO.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>



FOOD ITEM NUMBER: 6012

Pay to the order of: WIC Authorized Vendor

700-269534015

90-1342  
1211

EXACT PURCHASE PRICE:

**7**

\*MUST NOT EXCEED MAXIMUM ALLOWABLE DEPARTMENT REIMBURSEMENT RATE

FOOD ITEM NUMBER

State of California WIC Program  
VOID IF NOT DEPOSITED WITHIN 45 DAYS OF  
"FIRST DAY TO USE." NOT VALID IF ALTERED.

VALID ONLY FOR FOOD ITEMS SPECIFIED IN THE  
CALIFORNIA WIC AUTHORIZED FOOD LIST.

NON-NEGOTIABLE **8**

AUTHORIZED SIGNATURE (SIGN AT PURCHASE)

110700 121113423 269534015 11

# Are these WIC allowed foods?

Use your WIC Allowed Food List to determine if participants can get these foods with their WIC checks.



15 oz generic canned pears in water



Dole Asian Island Crunch Salad



64 oz Hansen's 100% Cranberry Apple 120% Vitamin C



14 oz firm Azumaya all natural tofu



16 oz Precious string cheese individually wrapped



2.5 oz Beech Nut jar Stage One bananas



16 oz 100% whole wheat bread



28 oz 10 minute Cream of Wheat



32 oz 8th Continent Soymilk complete vanilla



16 oz multigrain bread



2.5 oz Gerber 2nd Foods turkey and gravy



20.4 oz Frosted Big Bite Mini-Wheats



3 cactus (nopales) pads



10 oz Rotel diced tomatoes with green chilies



32 oz 100% Velveeta cheese product



14.5 oz Hunt's stewed tomatoes



Session 4

# **NEWT NOTES**

## **WIC Foods**

## Standard Food Packages Women and Children

*Write the amount of food each category gets*

*Compare the type and amount for each category*

	Pregnant	Fully Breast- feeding	Mostly Breast- feeding	Some Breast- feeding	No Breast- feeding		Child
Fruits and Vegetables							
Whole Grains							
Canned Fish							
Breakfast Cereal							
Milk							
Cheese							
Eggs							
Juice							
Peanut Butter							
Dry Beans							



Session 4

# **NEWT NOTES**

## **Food Packages And FI Security**